



Movement in Pregnancy

the way you move matters!

How you move during pregnancy impacts the stress levels placed on your body, your susceptibility to injury and the speed & effectiveness of your postpartum recovery.

Alignment

Ears

Your head weighs close to 10lbs - give your neck a rest and place your ears right above your shoulders. limit your time looking down at a phone to avoid undue tension.

Shoulders

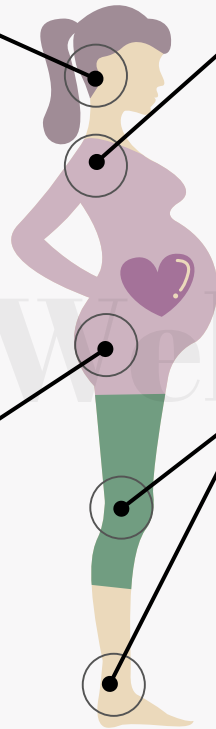
The weight of your chest & belly can often cause shoulders to round forward. Focus on rolling your shoulders back and down, keeping them in alignment over your hips, without excessively arching your back.

Hips

A pregnant belly can shift your hips into a forward tilt. Keep your hip bones pointing straight ahead instead of letting them rotate downward.

Knees & Ankles

Aligning your knees and ankles below the hips helps give you a solid base of support for your growing baby & body. Your weight should stay evenly distributed between both feet..



Activities of Daily Living

What you do daily impacts your health the most.

Focus on **Neutral Alignment** during these **Daily Movements**.

- Bending Forward at the waist
- Lifting
- Level Changes sitting, standing, getting up off the floor
- Walking (less waddling)
- Carrying
- Squatting

Strength Training can help support you during this time of growth and transition.

Schedule a free intro call at MuirWellness.com to find out more!

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